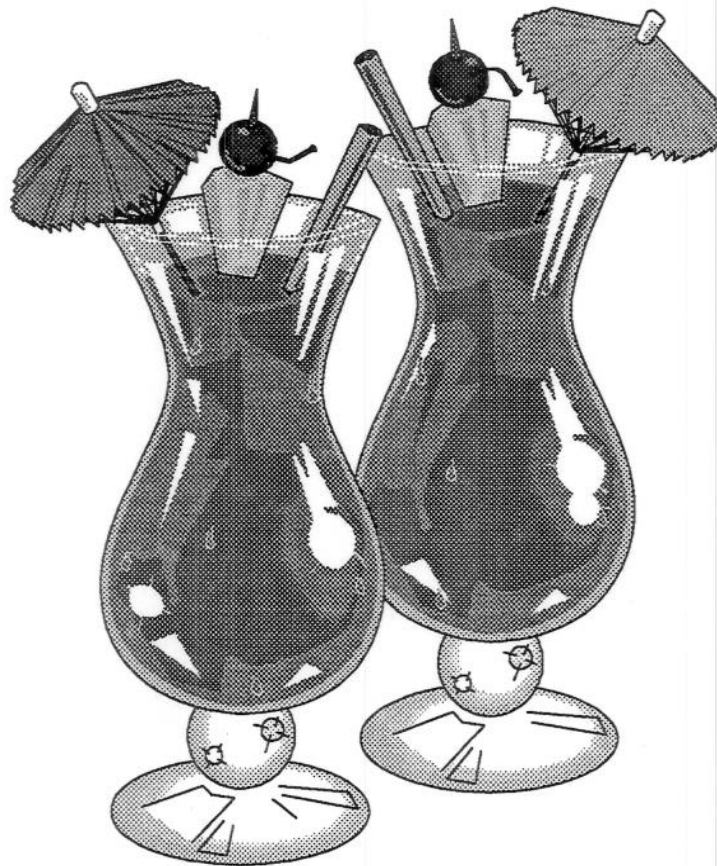


Chapter 1

Appetizers, Beverages, Dips



Cheese Ball

- 16 ounces cream cheese
- 1/4 cup green bell pepper, finely chopped
- 1 8 oz. can crushed pineapple, drained
- 1 tablespoon savory salt
- 2 cups walnuts, chopped

Instructions

Reserve 1 cup of nuts. Blend together ingredients. Form into a ball and roll in reserved cup of nuts. Refrigerate

Recipe Notes

Gail Ferrin, Woods Cross High High School
Food Service/Culinary Arts

Dip - Caramel For Apples- Microwave

- 1 can sweetened condensed milk
- 1 cup butterscotch chips
- 1/4 teaspoon salt
- 2 teaspoons white vinegar
- 1 teaspoon cinnamon

Instructions

Microwave on HIGH for 3 to 3 1/2 minutes the sweetened condensed milk, chips and salt.

Stir until blended then add the vinegar and cinnamon.

Serve with apples slices.

Recipe Notes

Elaine Miller, Evergreen Junior High
TLC

Dip - Fancy Fruit

- 8 ounces cream cheese
- 10 ounces marshmallow cream topping
- 1 tablespoon orange juice
- 1 teaspoon orange peel, grated

Instructions

Soften cream cheese in MICROWAVE oven on low for 20 seconds if it hasn't been left at room temperature. Stir in marshmallow cream. Add orange juice and peel. Chill and serve with fresh fruit.

Recipe Notes

Elaine Miller, Evergreen Junior High
TLC

Dip - Hot Mexican

- 1 cup refried beans
- 1 pound ground beef
- 1 small onion, chopped
- 1/4 cup green chilies, chopped
- 1 cup cheddar cheese, grated
- 3/4 cup picante sauce
- 1/4 cup olive, chopped

Instructions

Brown ground beef and onion together, drain

In a medium casserole dish layer
refried beans
ground beef/onion
green chiles
cheddar cheese
picante sauce
olives

Bake for 20 minutes at 350 degrees

Top with sour cream and serve with Doritos

Can be microwaved for 8 minutes instead of baking.

Recipe Notes

Source: Jane W. Hatch, Rich High School
Food for Life

Dip - Hot Spinach

- 8 ounces cream cheese
- 1/4 cup mayonnaise
- 1/2 cup spinach, chopped
- 1/2 cup broccoli, chopped
- 2 tablespoons green onions, chopped
- 1/2 teaspoon basil
- 1/2 teaspoon garlic
- 1/2 cup parmesan cheese
- 1 cup monterey jack, shredded

Instructions

Squeeze water out of frozen, chopped spinach.

Mix all ingredients together and put in oven-proof dish.

Bake 20-30 minutes until warm through and bubbly.

Serve with tortilla chips, sour cream and salsa.

Recipe Notes

Source: Becky Cox, Lone Peak High School
Food Service

Dip - Mexican Layered

- 1/3 can refried beans
- 1/4 cup sour cream
- 1/2 avocado, diced
- 1/3 2 oz. can black olives, sliced
- 1 small tomato, chopped
- 1/2 cup salsa
- 3/4 cup cheese
- 2 tablespoons onions, chopped

Instructions

In a small round casserole dish, layer the following ingredients in this order: refried beans, sour cream, avocado (1/4 cup guacamole or avocado dip could be substituted for avocado), onion, olives, tomato, salsa and grated cheese.

Serve with chips.

Note: Refried beans, onions and cheese could be placed in casserole dish and microwaved for 1 minute. Cold ingredients should be layered on top after first 3 ingredients have been microwaved.

Recipe Notes

Source: Diane R. Anderson, East Food and Fitness

Dip - Orange Fruit

- 1 egg, beaten
- 1/2 cup sugar
- 1 tablespoon orange peel, grated fine
- 1 tablespoon lemon juice
- 1 cup whipping cream

Instructions

Heat for 5 minutes in a saucepan all ingredients but the whipping cream. Cool. Beat the whipping cream to soft peaks. Fold cooled mixture into whipped cream. Dip fruit for a treat use mandarin oranges, oranges, bananas, apples, pears or fruit of your choice.

Recipe Notes

Source: Laurie Giauque, Olympus High School
Food and Fitness, Food and Science

Dip - Seven Layer

- 1 8 oz. can refried beans
- 2 avocados
- 2 teaspoons lemon juice
- 3 drops Tabasco sauce
- 1/2 package taco seasoning
- 2 cups sour cream
- 1/2 cup cheese, grated
- 2 tomatoes, chopped
- 1/2 bunch green onion, sliced
- 1/2 can olives, sliced
- 1 package corn chip, 1 lb.

Instructions

Peel and mash avocados. Sprinkle with lemon juice to prevent browning.

Add tabasco sauce for flavor. Combine taco seasoning with sour cream.

Spread refried beans evenly on a pizza pan.

Layer remaining ingredients as follows:

avacado
sour cream
cheese
tomatoes
green onions
olives

Arrange chips around the dip and serve.

Recipe Notes

Source: Connie Wyckoff, Northwest Middle School

Dip - Spicy Broccoli

- 1 package broccoli, frozen, chopped, 10 oz.
- 1 jar processed cheese, 8 oz.
- 1 can cream of mushroom soup
- 1 teaspoon onion, instant minced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon hot pepper sauce

Instructions

Place broccoli in a 1 quart casserole dish.

Cook, covered, on full power in the microwave for 5-7 minutes or until tender. Stir halfway through cooking time to break apart. Drain.

Stir in remaining ingredients.

Heat, covered on full power for 3 - 5 minutes or until heated through. Stir halfway through heating time.

Serve with crackers.

Recipe Notes

Source: Connie Wycoff, Northwest Middle School

Dip For Fruit

1 cup cool whip
8 ounces yogurt

Instructions

Mix together yogurt (strawberry or any other flavor desired) with cool whip in a small mixing bowl, eat immediately or chill.

Crushed peppermint candy can be added to cool whip instead of yogurt for an easy peppermint dip.

Recipe Notes

Elaine Miller, Evergreen Junior High
TLC

Fat Free Peach Milkshake

- 3 cups milk, skim
- 3 tablespoons sugar
- 1 1/2 teaspoons vanilla extract
- 7 peaches, frozen and quarters

Instructions

Put everything into a blender and blend on high 1-2 minutes.

Recipe Notes

Source: Lora Thompson, Centennial Middle School
TLC

Frosty Citrus Punch

- 2 cans limeade/lemonade, concentrate, 12 oz.
- 6 cups water, cold
- 6 cups lemon-lime soda, chilled (24 oz)
- 1 pint lemon or lime sherbet, softened

Instructions

Mix limeade or lemonade concentrate and water, refrigerate until chilled.
Just before serving, stir in soda.
Pour into small punch bowl.
Float scoops of sherbert on top.

Recipe Notes

Source: Marci Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School
Food and Fitness, Food for Life, Food and Science

Fruit And Juice Shake

1 banana, peeled
3/4 cup pineapple juice
1/2 cup lowfat vanilla yogurt
1/2 cup strawberries, stems removed

Instructions

Place all ingredients in blender. Cover, blend until smooth. Serve immediately.
Serves 2-3

Recipe Notes

Source: Cathryn Davies, TH Bell Junior High School
TLC

Fruit Julius

- 1 cup milk
- 1 cup water
- 1/4 cup sugar
- 8 ice cubes
- 1 6 oz. can frozen juice

Instructions

Combine ingredients in a blender and blend until a smooth, frothy mixture.

Recipe Notes

Source: Cindy Gulbranson, Roy High School
Food and Fitness

Gourmet Fruit Slush

- 1/2 package strawberries, frozen, thawed
- 1 bunch grape, cut the grapes in half
- 1 can pineapple, crushed, include juice
- 1 cup blueberries, fresh
- 2 cups water
- 1 cup sugar
- 1/2 cup lemon juice
- 1 liter lemon lime soda

Instructions

Mix all the ingredients together. Pour into 9 x 12 cake pan and cover it with foil. Freeze until it is solid.

Next day partially thaw the fruit mixture and mash it using a potato masher.

Put about 1/2 cup of the mashed fruit mixture in a 6 oz. cup and pour the lemon-lime soda over the fruit mixture.

Recipe Notes

Source: Brighton High School

Honey Butter

1 cup butter
1 1/4 cups honey
1 egg yolk

Instructions

Beat together 10 minutes with electric mixer.
Store in covered container in refrigerator.
Will keep several weeks.

Recipe Notes

Source: Barbara Harrison, Copper Hills
Food and Fitness, Food Service/Culinary Arts

Hot Cocoa Mix

2 1/2 cups milk, dry
1/2 cup cocoa, sweetened
1 1/2 cups sugar
1 cup nondairy creamer, dry

Instructions

Combine all ingredients and mix well. Store in a covered container.
To make cocoa, use 1/3 cup mixture for every cup of boiling water.

Recipe Notes

Source: Laurie Giauque, Olympus High School
Food for Fitness, Food and Science

Lemon Grape Cooler

- 2 cups water
- 16 ounces lemonade, frozen
- 1 1/2 cups white grape juice
- 1/4 cup honey
- 12 ounces lemon lime soda
- 12 each ice cubes

Instructions

In a punch bowl combine water and lemonade concentrate, stir in white grape juice, lemon juice and honey. Slowly pour in carbonated beverage. Stir gently to mix. Float ice ring in punch bowl or serve over ice.

Recipe Notes

Source: Brighton High School

Lime Frappe

- 2/3 quart lime sherbet
- 2/3 quart vanilla ice cream
 - 2 cups pineapple juice, unsweetened
 - 2 cans lemon-lime soda

Instructions

1. Combine lime sherbet, vanilla ice cream and pineapple juice together in a large bowl.
2. Mix with a pastry blender until well combined.
3. Spoon into glasses and add lemon-lime soda.

Recipe Notes

Source: Vera Mock, Granite Park Jr.
TLC, Food and Fitness

Milk Drink - Breakfast In A Glass

- 1 cup milk
- 1 egg
- 1/2 each banana
- 1 teaspoon wheat germ, optional

Instructions

Put all ingredients together and mix in a blender until the banana is pureed. You can substitute any kind of fruit.

Recipe Notes

Source: Jane Parker, Ecker Hill Middle
Life Skills

Milk Drinks

Instructions

Banana Milk Drink:

3/4 cup mashed, ripe banana

1/2 teaspoon vanilla

1/4 cup sugar

2 cup milk

Put all into a blender and mix until smooth. Add 1 cup vanilla ice cream. Beat again in blender until smooth.

Cherry Pink Float:

1/2 cup sugar

2 1/2 cup milk

1/3 cup maraschino cherry juice

1/4 teaspoon almond extract

1 cup vanilla ice cream

Put into blender and mix until smooth. Put 4 scoops of vanilla ice cream into 4 tall glasses. Cover with the liquid. Top with maraschino cherry.

Mint Cow:

1/2 cup chocolate syrup

1 cup vanilla ice cream

1/4 teaspoon mint extract

2 1/2 cup cold milk

Put into blender and mix until smooth. Put 4 scoops of vanilla ice cream into 4 tall glasses. Cover with mixture.

Strawberry Mlt:

Put into a large bowl, 1 box frozen strawberries, 2 cups vanilla ice cream and 1 1/2 cup milk, blend. Scoop of vanilla ice cream for each glass. Add strawberry mixture.

Purple Cow:

2 cups milk

1-6oz can grape or other frozen fruit juice

1 cup vanilla ice cream.

Beat ingredients with an electric beater until frothy. Put 4 scoops of vanilla ice cream into 4 tall glasses. Add mixture.

Recipe Notes

Source: Margie Kunz, Freemont

Food and Fitness

Orange Julius

- 1 6 oz. can orange juice concentrate
- 1 tablespoon sugar, to 1/3 cup
- 1 cup milk, cold, to 1 1/2 cups
- 1/2 teaspoon vanilla extract, to 1 teaspoon
- 6 ice cubes, or more

Instructions

Place all ingredients in a blender. Make sure blender is put together correctly.

Fill blender with water just to the top line marked on blender container.

Cover blender. Turn to high power.

Blend for 20 seconds, or just until ice is in small chunks, but not melted.

Serve immediately.

TIP: This recipe can be made with any frozen fruit concentrate such as raspberry or strawberry. Add fresh bananas for an extra flavorful drink.

Recipe Notes

Orange Soda

1 cup orange sherbet, or 2 cups

1 cup gingerale

Instructions

Add a large spoonful of sherbet to a chilled 16 oz glass. Fill half of the glass with chilled beverage; stir gently to mix. Add remaining sherbet to mixture. Fill with remaining chilled beverage.

Recipe Notes

Source: Brighton High School

Power Bars

- 1 cup oatmeal, or 6 grain mixture
- 2 tablespoons orange juice, or other fruit juice
- 1 tablespoon canola oil
- 2 tablespoons coconuts
- 2 tablespoons nuts
- 2 tablespoons raisins
- 2 tablespoons dried fruits
- 2 tablespoons sunflower seeds
- 2 tablespoons chocolate chips
- 2 tablespoons flour, white
- 1 teaspoon vanilla extract
- 1/8 teaspoon cinnamon

Instructions

Mix the oatmeal or 6 grain mixture with the fruit juice and canola oil in a mixer until still crumbly.

Place in a blender coconuts, nuts, raisings, dried fruits, sunflower seeds and chocolate chips. These ingredients may vary. Add or delete whatever you would like. The total mixture should be 1/2 - 1 cup.

Add the flour, vanilla and cinnamon

Pulse the mixture a few seconds until it is in small chunks.

Mix all ingredients together in a mixing bowl. Add a little more juice until the mixture presses together with your hands.

Portion out about 2 T. into a sandwich baggie. Shape into bars and seal up. Store in freezer.

Recipe Notes

Source: Sue Schumacher, Pleasant Grove High

Salsa

- 1 quart canned tomatoes
- 2 tomatoes, chopped
- 1 small onion, chopped
- 1 4 oz. can green chilies, chopped
- 1/2 4 oz. can jalapeno pepper, chopped
- 1 teaspoon garlic salt
- 1/2 teaspoon red chili pepper, crushed
- 1/2 teaspoon salt

Instructions

Drain and slightly blend to chop up tomatoes. Mix all to taste.
More of anything can be added.
Cilantro can also be added.

Recipe Notes

Source: Becky Cox, Lone Peak High School
Food Service Classes

Salsa And Chips

- 6 tortillas, flour or corn
- 2 tablespoons vegetable oil
- 1/2 cup tomato sauce
- 2 green onions, chopped fine
- 1 tablespoon green chilies, chopped
- 1/2 green peppers, chopped
- 1 tablespoon vinegar
- 1 quart tomato

Instructions

For chips:

Preheat oven to 350 degrees. Using a pastry brush, lightly brush one side of each tortilla. Stack the tortillas into two even piles. Cut each pile into 8ths. Separate tortillas and place them oiled sided up on a lightly greased cookie sheet. Bake in oven for 10 minutes. Remove from oven and cool.

For Salsa:

Chop up the tomatoes. Combine with the rest of the ingredients in a bowl.

Serve with the chips.

Recipe Notes

Source: Nancy Fidler, West Lake Junior High School
TLC, Food and Fitness

Smoothie

- 1/4 cup blueberries, frozen
- 1/2 cup peach slice, frozen
- 1/2 banana
- 1/4 cup pineapple
- 5 strawberries

Instructions

Choose two from the fruits listed above.
Whirl in a blender until smooth.

To these blended fruits add the following:

- 1/2 cup of low fat or nonfat plain or vanilla yogurt
- 1/2 cup of orange juice
- 1/2 teaspoon vanilla
- 1 tablespoon of honey or 2 tablespoons sugar
- 1 cup of ice (you might want to add more)

Do each shake individually.

Recipe Notes

Source: Nancy Gudmundson, Alta High School

Strawberry Banana Smoothie

- 2 cups orange juice
- 1 cup milk
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1/2 package strawberries, frozen
- 1/2 banana

Instructions

Make the smoothie by adding all the ingredients except for the strawberries into the blender. Blend a few seconds.

Add the frozen strawberries to the blender a few at a time and blend.

Pour the drink into glasses.

Recipe Notes

Source: Elizabeth Davis Evans, Sunset Junior High School
TLC

Strawberry Frosty

- 1/2 package strawberries, frozen
- 1 1/2 cups milk
- 8 ounces yogurt
- 3 tablespoons powdered sugar
- 4 ice cubes

Instructions

Combine fruit, milk, yogurt and sugar.

Cover and blend until smooth.

With blender running, add ice cubes one at a time through opening in lid.

Blend till smooth.

Recipe Notes

Source: Mary Christensen, Cedar High School
Food and Fitness

Strawberry Margaritas

- 1 cup strawberries, frozen
- 1 can lemonade, 16 oz.
- 1 lime
- 1/4 cup sugar
- 2 cups water

Instructions

Extract the juice from one lime and blend ingredients until smooth, along with desired amount of ice.

Recipe Notes

Source: Becky Cox, Lone Peak High School
Food Service Classes

Wassail

- 1 gallon apple cider
- 2 teaspoons allspice, whole
- 2 cinnamon sticks
- 2/3 cup sugar
- 2 teaspoons cloves, whole
- 2 oranges, studded with cloves

Instructions

Heat all ingredients except oranges, to boiling in Dutch oven; reduce heat. Cover and simmer 20 minutes, strain. Pour into small punch bowl. Float oranges in bowl. Serve hot.

Recipe Notes

Source: Marcie Morgan, Irlene Utley, Shauna Osborne, Arlene Lloyd, Jordan High School
Food and Fitness, Food for Life, Food and Science

Yogurt Berry Shakes

- 1 cup strawberries, fresh or frozen
- 1 cup orange juice
- 1/3 cup dry milk
- 1/2 cup yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla cream pie
- 1 medium banana, sliced
- 1/2 cup ice cube, (optional)

Instructions

Place all ingredients in blender and cover. Blend at high speed for 30 seconds or until smooth and creamy.

Recipe Notes

Source: Lee Ann Bitner, Alta High
Food and Fitness or Advanced Foods